

On the other hand. Dean C. Worcester was scientifically trained and knew health conditions in the Philippines as no one else did. He cited Major P. M. Ashburn, Medical Corps, U.S.A., president of the Army board for the study of tropical diseases, to show that it is the monotony of a tropical lowland climate which makes an occasional change advisable. Mr. Worcester himself wrote, "Health conditions are now excellent, and the death-rate among whites at Manila is lower than that in many European and American cities. If one will only vary the monotony of the continuous warmth by making an occasional trip to Baguio, and take reasonable precautions as to food, drink, and exercise, there is no reason why one should not die of old age." ⁸ Dr. Robert W. Hart, a trained surgeon and formerly Chief Quarantine Officer in the Philippines, writes, "Caucasian residents in the Philippines are more healthy and on the whole suffer less from disease than when residing in their home countries." ⁹

Whom shall we believe? Americans with twenty, thirty, or thirty-five years behind them in the Philippines are hardly walking corpses. It would surprise these old residents to know that they suffer from *dementia \$raecox*. They concede that they have the disease called "Philippines," or forgetfulness, but would hardly like to be told that they are lunatics. Speaking as a layman, I am inclined to believe that if the white man will take plenty of exercise he can keep in good condition in the Philippines. His enemies are the twin evils of laziness and a propensity to set the pace that kills.

It is not wise for the Christian white
To hustle the Aryan brown;
For the Christian riles and the Aryan smiles
And he weareth the Christian down.
And the end of the fight is a tombstone
white
With the name of the late deceased;

⁸ Dean C. Worcester, *The Philippines Past and Present*,
Hayden edition of
1930, pp. 382, 383> 620.

⁹Robert W. Hart, *The Phitti<p<pines Today* (1928), p. 29.